We claim:

1. A composition comprising EGCG and caffeine in a ratio by weight between 1.0:0.20 and 1.0:9.0, respectively.

2. A composition as defined in claim 1, wherein the EGCG and caffeine are derived from the *Camellia sinensis* plant.

3. A composition as defined in claim 1, wherein the EGCG and caffeine are present in a ratio by weight between 1.0:0.25 and 1.0:4.0, respectively.

4. A composition as defined in claim 1, wherein the EGCG and caffeine are present in a ratio by weight of about 1.0:1.0, respectively.

5. A composition as defined in claim 1, wherein the ECGC and caffeine are derived from sources other than the *Camellia sinensis* plant.

6. A composition as defined in claim 1, wherein the composition is in the form of a pill, tablet, capsule, lozenge, gum, food, oral spray, beverage, toothpaste, powder or other orally administered form.

7. A composition as defined in claim 1, wherein the composition is in the form of an absorbent patch.

8. A composition as defined in claim 1, wherein the composition comprises between about 10% and about 80% by weight of EGCG and about 20% and 90% by weight of caffeine.

9. A composition as defined in claim 8, wherein the composition comprises 30% to 50% by weight of EGCG and 30% to 50% by weight of caffeine.

10. A composition as defined in claim 9, wherein the composition comprises

about 30% by weight of EGCG and about 30% by weight of caffeine.

11. A method for reducing excess, or maintaining healthy, body weight in a person or other mammal comprising:

administering to the person or other mammal a composition comprising EGCG and caffeine derived from the Camellia sinensis plant in a ratio by weight between 1.0:0.20 and 1.0:9.0, respectively, in an amount sufficient to reduce excess, or maintain healthy, body weight in the person or other mammal.

12. A method as defined in claim 11, wherein the EGCG and caffeine are present in a ratio by weight between 1.0:0.25 and 1.0:4.0, respectively.

13. A method as defined in claim 12, wherein the EGCG and caffeine are present in a ratio by weight of about 1.0:1.0, respectively.

14. A method as defined in claim 11, wherein the EGCG and caffeine are derived from sources other than the *Camellia sinensis* plant.

15. A method as defined in claim 11, wherein the step of administering comprises administering approximately 270 milligrams of EGCG and 270 milligrams of caffeine daily.

16. A method as defined in claim 11, wherein the step of administering comprises administering the composition daily in three substantially equally divided doses, approximately 30 to 60 minutes before meals.

17. A method as defined is claim 16, wherein the step of administering comprises administering the composition orally.

18. A method as defined is claim 11, further comprising identifying a person or other mammal suffering, or at risk of suffering from excess body weight.

19. A method for providing energy in an expiatory manner to a person or other mammal comprising:

administering to the person or other mammal a composition comprising EGCG and caffeine in a ratio by weight between 1.0:0.20 and 1.0:4.0, respectively, in an amount sufficient to provide energy in an expiatory manner to the person or other mammal.

20. A method as defined in claim 19, wherein the EGCG and caffeine are present in a ratio by weight between 1.0:0.25 and 1.0:4.0, respectively.

21. A method as defined in claim 19, wherein the EGCG and caffeine are present in a ratio by weight of about 1.0:1.0, respectively.

22. A method as defined in claim 19, wherein the EGCG and caffeine are derived from the *Camellia sinensis* plant.

23. A method as defined in claim 19, wherein the step of administering comprises administering approximately 270 milligrams of EGCG and 270 milligrams of caffeine daily.

24. A method as defined in claim 19, wherein the step of administering comprises administering the composition daily in three substantially equally divided doses, approximately 30 to 60 minutes before meals.

25. A method as defined is claim 19, wherein the step of administering comprises administering the composition orally.

26. A method as defined is claim 19, further comprising identifying a person or other mammal that can benefit from an increase in energy.

27. A method for reducing excess, or maintaining healthy, body weight in a person or other mammal comprising:

causing a person or other mammal to come into contact with EGCG and caffeine, wherein the ratio by weight of the EGCG to the caffeine is between 1.0:0.20 and 1.0:4.0, respectively.

28. A method as in claim 27, further comprising providing, either separately or together, EGCG and caffeine.

29. An amount of EGCG and caffeine that separately or together come into contact with a person or another mammal, wherein the ratio by weight of the EGCG to the caffeine is between 1.0:0.20 and 1.0:9.0, respectively.